



# Helping our children to deal with their worries and anxious thoughts



A series of 3 sessions provided by Bracknell Family Learning Team to give parents/carers some great ideas and resources to use with their children.

- What to do when your child gets anxious
- Lots of ideas to help your child to be more confident and relaxed
- Make & Take - things to make and do with your child to give them helpful tools and techniques



Try out different resources

A chance to chat and ask questions

Tuesday 7/11/23 9-11am	Tuesday 14/11/23 9-11am	Tuesday 21/11/23 9-11am
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Please speak to Mrs Payne: [DPayne@birchhillprimaryschool.co.uk](mailto:DPayne@birchhillprimaryschool.co.uk) if you require further information or would like to reserve a place for you and your child.

Limited spaces available